

## ABSTRACT OF THE DISCLOSURE

A metallic stud for use in a framing structure, the stud definable in terms a x, y, z coordinate system. The stud includes the z-axis elongate substantially rectangular integral web within a yz plane and further includes a series of xz plane tabs projecting in an x-axis direction, the tabs alternating in x-axis extent between interdigitating greater and lesser dimensions, in which a z-axis line of dependency exists between a common xz plane of all of the tabs in a first major rectangular base of the yz plane of the web of the stud. The stud further includes a z-axis elongate L-shaped element integrally dependent from a second major rectangular base of the web, the elongate element parallel to the first base. The element includes an integral xz plane sub-element, extending in a z-axis direction, and substantially parallel with the series of xz plane tabs from a z-axis line of dependency from the second major base of the web, the z-axis L-shaped element further including a yz plane sub-element, in the nature of a lip, integrally depending from the xz sub-element along an entire z-axis length and projecting toward the series of xz plane tabs, in which the yz sub-element is substantially parallel with the yz plane of the elongate web. The studs are preferably formed of a thin gauge steel.